

			F32-L2
Teenage Bullying	Core Competency:F32	Level 2, Intermediate	
Identify a self-value system and how it affects life			
Time to complete: 180 minutes			
Objectives	Upon completion of this lesson students will be able to: <div><div>1.</div><div>Gain an understanding of seeing someone as a whole person</div></div> <div><div>2.</div><div>Agree to abstain from labeling one another</div></div> <div><div>3.</div><div>Identify assumptions we make in the development of groups</div></div> <div><div>4.</div><div>Highlight the simplistic perception that we sometimes use to view others</div></div> <div><div>5.</div><div>To allow reflection on times when participants may have felt singled-out</div></div> <div><div>6.</div><div>Gain an understanding of name-calling’s magnitude and impact on students</div></div> <div><div>7.</div><div>Develop empathy for those being name-called</div></div>		

<b>Cross Competencies</b>	C18 Follow directions G41 Apply critical thinking skills G47 Demonstrate techniques for building commitment by others
<b>Core Standards</b>	Career and Vocational/Technical Education: Content Standard 6 Workplace Competencies Content Standard 3

Materials in Lesson Plan	Other Supplies Required	Supplemental Resources
<ul style="list-style-type: none"> <li>F32L2ACT1 What Are You Worth</li> </ul>	<ul style="list-style-type: none"> <li><i>Bullied</i> movie (FREE—order @ <a href="http://www.tolerance.org/bullied">http://www.tolerance.org/bullied</a> )</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.powerupspeakout.org">http://www.powerupspeakout.org</a></li> <li>Women's resource center/network</li> <li><a href="http://www.bullyingawarenessweek.org/resources.html">http://www.bullyingawarenessweek.org/resources.html</a></li> </ul>

MCA	Portfolio Project	Guest Speakers	Program of Work
		Invite local police officer to talk with students about bullying.	
Civic Engagement	Indian Education for All	Career Pathways	Competitive Events

Suggested Instructional Approach	Notes
<p><b>Introduction</b></p> <p>Many people retain horrible memories of high school, in large part due to the bullying they experienced. Teenage bullying is a very real problem in schools. It isn't always physical; there are many different types of bullying, including verbal and emotional bullying. These types of bullying, though more subtle than physical bullying, can still have a large impact on a student. Additionally, with the internet now becoming a huge part of many teens' lives, it is no surprise that cyber bullying is seeing an increase.</p> <p>Bullying includes behaviors that focus on making someone else feel inadequate, or focus on belittling someone else. Bullying includes harassment, physical harm, repeatedly demeaning speech and efforts to ostracize another person. Bullying is active, and is done with the intention of bringing another person down. It is important to realize that there are different kinds of bullying:</p> <ul style="list-style-type: none"> <li>• <i>Physical:</i> This is the most obvious form of bullying. In this type of bullying, the instigator attempts to physically dominate another teen. This usually includes kicking, punching and other physically harmful activities designed to instill fear in the one bullied, and possibly coerce him or her to do something.</li> <li>• <i>Verbal:</i> When someone verbally bullies another, he or she uses demeaning language to tear down another's self-image. Bullies who use verbal techniques excessively tease others, say belittling things and use a great deal of sarcasm with the intent to hurt the other person's feelings or humiliate the other teen in front of others.</li> <li>• <i>Emotional:</i> This is even more subtle than verbal bullying. Teenage bullying that includes emotional methods aims at getting someone else to feel isolated, alone and may even prompt depression. This type of bullying is designed to get others to ostracize the person being bullied.</li> <li>• <i>Cyber:</i> Electronic bullying is becoming a very real problem for teens. This type of bullying uses instant messaging, cell phone text messages and online social networks to humiliate and embarrass others. This can be especially devastating to the people being bullied, since they cannot even find a safe place in the virtual world.</li> </ul> <p>About 30 percent of teenagers in the U.S. have been involved in bullying, either as a bully or as a victim of teenage bullying. Data suggests that teenage bullying is more common among younger teens than it is among older teens. However, it may be that young teens are more prone to physical bullying, which is easier to identify, and that older teens are more sophisticated in methods of bullying that are not always exactly identified as such.</p> <p>Physical bullying is more common among boys, and teenage girls often favor verbal and emotional bullying. Indeed, while boys report that they are more likely to be involved in physical altercations, girls report that</p>	

	<p>they are often the targets of nasty rumors - especially involving sexual gossip. Additionally, girls are more likely to use exclusion as a teenage bullying technique than boys are.</p> <p><b>What are some of the effects of teenage bullying?</b></p> <p>There are a number of effects that come with teenage bullying. First of all, there are the obvious physical problems and injuries that can result from physical bullying. However, emotional, verbal and cyber bullying can deeply affect teens as well. These activities can lead to depression (and even suicide), drug use, and stunted social development. These are problems that can affect a person well into adulthood.</p> <p>Another problem can be that of retaliation. In some cases, bullied teens have violent fantasies of attacking their tormentors. There are instances in which these teens become violent, turning on their classmates in order to get revenge. This can be a cause of heartbreak and difficulty.</p> <p><b>Reducing teenage bullying</b></p> <p>It is very difficult to address teen bullying. However, there are some things that can help discourage bullying situations. Teens should be encouraged to seek friends, in person and online, who are supportive and kind. They should try to move in groups if possible, since bullies most often single out those who are alone.</p> <p>Also, it is important to have teachers and other adult authorities present when possible to discourage bullying behavior. You can also talk to bullies about more appropriate behavior, and hope that they are willing to listen.</p> <p>In the end, it is difficult to totally prevent teenage bullying - especially if it is verbal, emotional or cyber bullying. You should encourage good efforts to reduce bullying, and let victims see that you are involved in these efforts. The best thing you can do is be encouraging to bullying victims and try to help them get through this tough time as unscathed as possible.</p>	
<b>Preparation</b>	<ul style="list-style-type: none"> <li>• Make copies of student handouts.</li> <li>• If you will be doing supplemental activities, make copies or arrange for the resource as needed.</li> </ul>	

<ol style="list-style-type: none"> <li>1. Begin unit with one or both of these interactive activities. Hand out paper shaped hearts to each of your students. During the class period have them crumple their paper heart every time they hear an insult in class and have them smooth out the heart every time they hear a compliment. At the end of the hour have each of them look at their heart, have them leave class with this thought: "Every time you say something hurtful about someone, it hurts them and you can never go back and completely smooth out that heart!"</li> <li>2. The second activity: Fill a jar with bully (jelly) beans (counting them carefully as you put them in of course!) Give each student a slip of paper to guess how many bully beans are in the jar. Make a bunch of extra slips and keep them handy. Each time you randomly see students being kind to one another and treating others with respect, hand them a slip so they can have another chance to guess. Keep this activity going for one week. The guess that is closest at the end of the week wins the jar of bully beans. Repeat for several weeks with different sized jars. Allow winners to share their bully beans with other students if they want to.</li> <li>3. <u><i>Bullied</i></u> is a documentary film that chronicles one student's ordeal at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. It can become a cornerstone of anti-bullying efforts in middle and high schools. <u><i>Bullied</i></u> includes: A 40-minute documentary film (DVD), with closed captioning and with Spanish subtitles. A two-part viewer's guide with standards-aligned lesson plans and activities for use in staff development. <u><i>Bullied</i></u> is designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian. It is also intended to help all students understand the terrible toll bullying can take on its victims, and to encourage students to stand up for their classmates who are being harassed.</li> <li>4. Note: Limit of one kit per school. Go to <a href="http://www.tolerance.org/bullied">http://www.tolerance.org/bullied</a> to order.</li> <li>5. After viewing the movie, have your class work through the activities that are provided in the User Guide.</li> <li>6. Read to the students <u>F32L2ACT1 What are you Worth</u>. Follow up with discussion of Self value.</li> </ol>	<p><b><u>Notes</u></b></p>
---	----------------------------

<b>Assessment</b>	Completion of activities	
<b>Supplemental Activities</b>	Create a caring school in regards to bullying. Gather information about bullying at school directly from students. Establish clear school wide and classroom rules about bullying.	